



# ACTIVATE YOUR SUPERPOWERS



## Playsheets



**CoachVille Center for Coaching Mastery**  
*We are the champions of dreams!*

Welcome to the Activate Superpowers Coaching Experience!

Your Life Coach is using a program we developed at CoachVille called Coaching Superpowers. They are going to use their coaching superpowers to guide you in pursuit of your BIG Dream by Activating YOUR Life Superpowers.

AWESOME FUN!

In this playbook you will find the playsheets for your 6 Session Activate Superpowers Adventure.

**For each coaching session there are 2 sheets.**

- 1) A one page sheet that follows the flow of the coaching session with key words and graphics: this is a great place to write a few notes from the session.
- 2) On the next page there is a playsheet for you to write a few key items of your play plan... you do this after the coaching session and keep adding to it each day. Use it to keep your notes from your experiences as you play in the world. This will help you hone in on what you want to share and explore with your coach in the next session.

**MOST IMPORTANT:** it is a PLAY PLAN! It is not a TASK list;

The idea is to play life like a Hero's Quest where you go out into the world in pursuit of your dream and discover your superpowers and playfulness by facing a variety of interesting challenges. Hah! Right now they might not seem "interesting". But you can practice seeing them that way.

Your Life Coach will be your guide.

As you play in the fear/growth zone – rather than completing tasks that are known – you will experience “pivotal moments”. Then you will explore these with your coach. This will also mark your trail on the treasure map to your superpowers. FUN!

Enjoy your adventure.

Enjoy your coach!

The world is ready for you and your dream.

We are the champions of dreams!

Coach Dave

[www.coachville.com](http://www.coachville.com)



**SESSION FOCUS:**  
**SHARE THE DREAM**

*Superpowers you want  
to activate:*

*How will it change  
your life for the better?*

*Your Hero's Journey  
challenges:*



*Activate the  
spirit of play:*

*What does playing at  
an Elite level look like?*

*Activities to play  
for your dream:*



**Growth Zone**

**What did you learn...**

About playing for your dream?

About yourself and your Superpowers?



**Play Plan:** What are the actions / perspectives you will focus on?

Your **BIG Dream**:



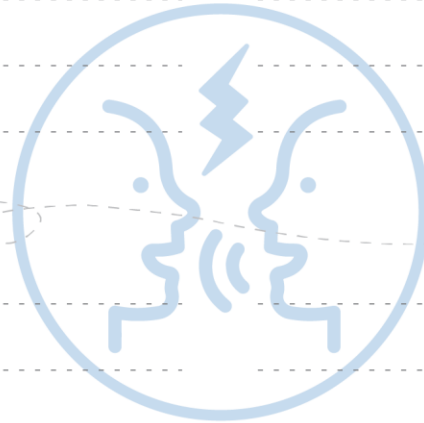
Your **Focus this week**:



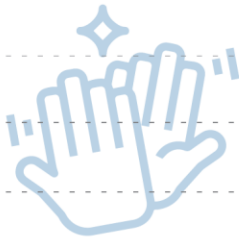
Your **Superpowers**:

**ACTIONS** with the Spirit of Play

Challenges / Superpowers / Results:



**Celebrations:**



**Growth:**



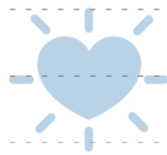
The BIG Dream: \_\_\_\_\_

**Explore the Fear / Growth Zone**

CELEBRATIONS



INSIGHTS



ACTIONS AND RESULTS



**SESSION FOCUS: PLAN, PLAY, GROW**

**Results**



**Actions**



**Challenges**



**Impact**



**Superpowers**



**Spirit of Play**



**Growth**



**Growth Zone**

What did you learn...

About playing for your dream?

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About yourself and your Superpowers?

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**Play Plan:** What are the actions / perspectives you will focus on?

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# Activate Your Superpowers Session #2 Play Plan

Date: \_\_\_\_\_

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:

## ACTIONS with the Spirit of Play

Challenges / Superpowers / Results:

### Relate for **INFLUENCE** > *Risk Rejection*



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### Create for **EXPRESSION** > *Risk Disappointment*



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### Explore for **VISIBILITY** > *Risk Trouble*



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### Experiment for **CHANGE** > *Risk Mistakes*



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Celebrations:



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Growth:



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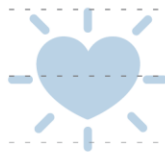
The BIG Dream:

Explore the Fear / Growth Zone

CELEBRATIONS



INSIGHTS

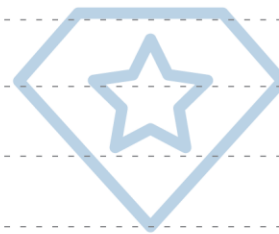
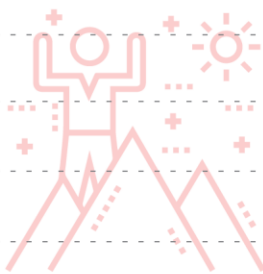


ACTIONS AND RESULTS

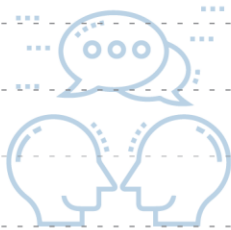


CHALLENGES

SUPERPOWER DISCOVERIES



SESSION FOCUS: ROLE PLAY



AH-HA MOMENTS



**Growth Zone**

What did you learn...

About playing for your dream?

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About yourself and your Superpowers?

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**Play Plan:** What are the actions / perspectives you will focus on?

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Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:

**ACTIONS** with the Spirit of Play

Challenges / Superpowers / Results:

Relate for **INFLUENCE** > *Risk Rejection*



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Create for **EXPRESSION** > *Risk Disappointment*



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Explore for **VISIBILITY** > *Risk Trouble*



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Experiment for **CHANGE** > *Risk Mistakes*



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Celebrations:



Growth:



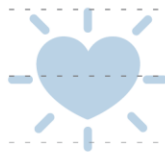
The BIG Dream:

Explore the Fear / Growth Zone

CELEBRATIONS



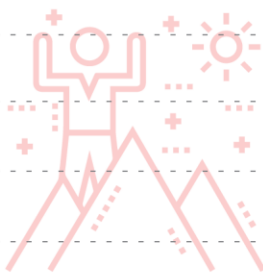
INSIGHTS



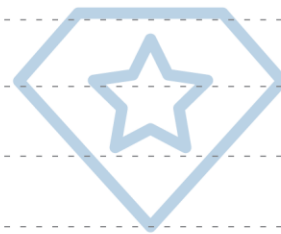
ACTIONS AND RESULTS



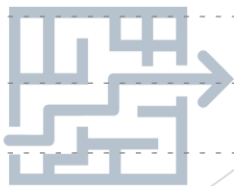
CHALLENGES



SUPERPOWER DISCOVERIES



Session Focus:  
Pivotal Moment



IT'S NOT SAFE FOR ME TO



DREAM'S DESIRE



**Growth Zone**

What did you learn...

About playing for your dream?

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About yourself and your Superpowers?

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**Play Plan:** What are the actions / perspectives you will focus on?

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Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:

**ACTIONS** with the Spirit of Play

Challenges / Superpowers / Results:

Relate for **INFLUENCE** > *Risk Rejection*



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Create for **EXPRESSION** > *Risk Disappointment*



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Explore for **VISIBILITY** > *Risk Trouble*



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Experiment for **CHANGE** > *Risk Mistakes*



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Celebrations:



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Growth:



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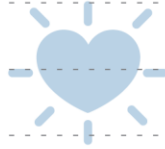
The BIG Dream:

Explore the Fear / Growth Zone

CELEBRATIONS



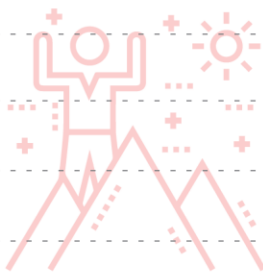
INSIGHTS



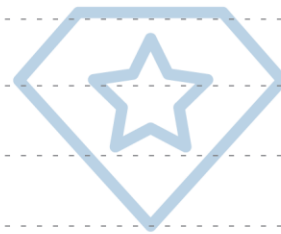
ACTIONS AND RESULTS



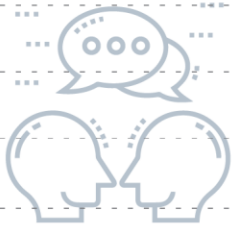
CHALLENGES



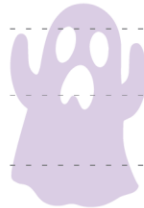
SUPERPOWER DISCOVERIES



Session Focus:  
Role Play an "Ask"



IT'S NOT SAFE FOR ME TO



DREAM'S DESIRE



**Growth Zone**

What did you learn...

About playing for your dream?

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About yourself and your Superpowers?

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**Play Plan:** What are the actions / perspectives you will focus on?

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# Activate Your Superpowers Session #5 Play Plan

Date: \_\_\_\_\_

Your **BIG Dream**:



Your **Focus this week**:



Your **Superpowers**:

## ACTIONS with the Spirit of Play

Challenges / Superpowers / Results:

### Relate for **INFLUENCE** > *Risk Rejection*



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### Create for **EXPRESSION** > *Risk Disappointment*



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### Explore for **VISIBILITY** > *Risk Trouble*



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### Experiment for **CHANGE** > *Risk Mistakes*



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Celebrations:



Growth:



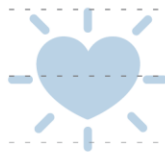
The BIG Dream: \_\_\_\_\_

Explore the Fear / Growth Zone

CELEBRATIONS



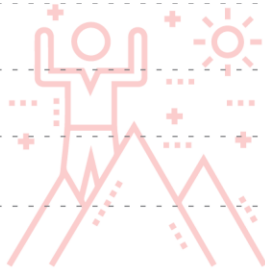
INSIGHTS



ACTIONS AND RESULTS



CHALLENGES



SUPERPOWER DISCOVERIES



Session Focus: Capture Growth

Evaluate



Challenges



Actions



Results



Growth Zone

What did you learn...

About playing for your dream?

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About yourself and your Superpowers?

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Play Plan: What are the actions / perspectives you will focus on?

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Your **BIG Dream:**



Your **Focus this week:**



Your **Superpowers:**

**ACTIONS with the Spirit of Play**

**Challenges / Superpowers / Results:**

Relate for **INFLUENCE** > *Risk Rejection*



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Create for **EXPRESSION** > *Risk Disappointment*



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Explore for **VISIBILITY** > *Risk Trouble*



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Experiment for **CHANGE** > *Risk Mistakes*



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**Celebrations:**

**Growth:**

